

We could all use a little extra support right now

**Join us on Zoom for
peer-led Support Circles
for Adults
Wednesdays
May 14, 21 & 28
6:30–8:00 pm**

Circles of Connection uses an evidence-based model to gather in a small group to help us feel seen, heard, and supported as we process the stress and anxiety of our challenging world.



[Click here to learn more & register](#)
or scan the QR code

All are welcome to participate. You do not need to be a TBE member to join the group.

Circles of Connection is a partnership between JF&CS, JCC Greater Boston, and GPS Group Peer Support. It is made possible through grant funding from Combined Jewish Philanthropies, the Beker Foundation, and the Ruderman Family Foundation.



JF&CS

Jewish Family & Children's Service provides a wide range of services to address the mental health and wellness needs of the Boston Jewish community, including support and clinical expertise to the facilitators of Circles of Connection groups. For more information on JF&CS mental health services, please visit jfcsboston.org/mentalhealth.